

## Vision 2019

Equipping Leaders

Training Instructors – Outdoor Education

Partnering with others to support young people's futures



## Focus

### New Paddle Sport Instructor

Training up a new generation of leaders within adventure

### Supporting Alternative Curriculums

Personal social development our approach – C ME Profiling increasing resilience and emotional intelligence amongst young people

### Equipping Young Leaders

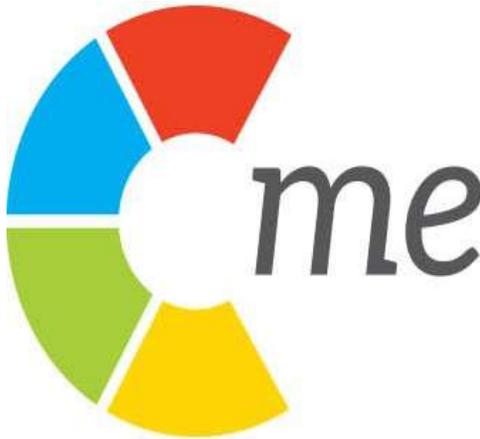
Solid ground character development programmes

### Partnerships

Continuing to form strong partnerships

**Coleg Sir Gar** – Outdoor Education sessions

**Salvation Army** Living Wild initiative. Last year was a great success. We are looking forward to this year's collaboration



Amy

“This has been a life changing experience. I would sincerely recommend this course to anyone who wants to step out of their comfort zone”

Solid Ground Leadership Award  
May 2018

## Is less, more? Not just a matter of talk but action...

The pressure to promise more than you can really deliver is never far away within education and youth work. The pressure to tick all the boxes, the drive to evidence value, increasing numbers and smash outcomes can suddenly cloud judgment towards cultivating a provision full of true purpose and meaning. When real purpose is established, young people themselves inject the real value to any initiative.

Less talk becomes more action. In 2018 we saw over 200 young people engage in activities that released so much life. We witnessed courageous actions, faith in action, responsible actions and heroic actions, as many young people become positive role models to those around them. Young people, inspiring others not just to talk, but take purposeful action.

Read these stories at:

[www.loadeduk.org.uk](http://www.loadeduk.org.uk)

more on **2**



Self worth

Valued

Loved

Accepted

Forgiven

Trusting

Solid Ground Leadership Award

## Equipping Young Leaders ‘Laying down solid foundations’

Leadership qualities such as: resilience, self-awareness and the capacity to commit is like building muscle we have to exercise these skills daily as we choose to be known within a community.

Loaded UK invests in equipping young leaders with overwhelming success. One of the major themes focused on during the course is stepping out of our comfort zones, where trust has a chance to establish and take root within a team setting.

**Developing Character:** As we all know, trust is foundational within any healthy relationship and takes time and courage to become established. So what serves to build trust? Can I suggest firstly taking personal responsibility to actively move towards being known, choosing to participate. Secondly, being given room to contribute to something that makes a difference. Resilience then gets a chance to be exercised! Solid Ground Leadership Award is a 3-day

programme that consists of character development projects including music, team activities and an overnight expedition. The experience is not only action packed but provides a chance to trust, to step out into the unknown and paradoxically, as we reach out to understand others we become more understood ourselves.

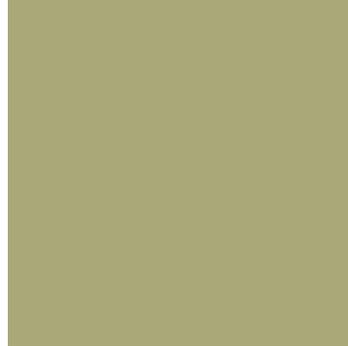
*LoadedUK is accredited through C-ME to offer personal behaviour profiles effective in raising levels of self-awareness.*



### Enable your students to access a whole new world where learning comes alive

The great outdoors! Transformative learning. Please see our website: [www.loadeduk.org.uk](http://www.loadeduk.org.uk) and click on Stories.

Our Solid Ground Leadership Award equipping young leaders begins in May 2019 – Please get in touch if you would like any more information on any of our programmes.



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# 2019 Adventure Training

## Paddle Sport Instructors and more

This January, British Canoeing has launched its new Paddle Sport Instructors course. This award is available to 14+ and is the entry level qualification for anybody desiring to run starter sessions in the world of Paddle Sport. This 15 hour course focuses on equipping instructors with the skills to run safe, enjoyable and adventurous sessions that fuel aspiration to continue exploring the world of paddle sport. If you are interest in this course we run our first one this year on 30<sup>th</sup>-31<sup>st</sup> January in Llanelli, South Wales.

**You can book online today, see website!**

Caving, Coasteering, Mountaineering, Rock Climbing, Sea and Surf Kayaking, SUP boarding, and rafting are just some of the adventurous activities we provide. The Gower Peninsular, Pembrokeshire and the Brecon Beacons are less than an hour away from where we are based, giving us access to some of the best surf, climbing and wilderness treks in the UK. We also run trips to North Wales and Scotland. As we enter 2019 we are so thankful we get to train the next generation of explorers, climbers and adventurers.

Coleg Sir Gar

Adventure Training  
Session 2019

# Life changing educational pathways

## SWEET BTEC Personal Social Development



Read what SWEET had to say about our delivery of their excellent BTEC supporting young people into further education, training and employment.

LoadedUK deliver sweet\* in a way that is both engaging and beneficial for the young people they work with. The qualification is delivered alongside the Duke of Edinburgh Award to encompass outdoor activities as well as through partnerships with local charities in order to maximise the programmes potential.

Aspects of learners' work has been used as best practice examples for other schools and alternative education centres in Wales. We thoroughly enjoyed attending last years celebration evening and it was motivating to witness the significant development of the young people that studied sweet\* via LoadedUK.

We have a range of projects, courses and workshops to suit supporting education needs. From hourly sessions to full-days sessions. Please get in touch with our course director for more details: [stevebird@loadeduk.org.uk](mailto:stevebird@loadeduk.org.uk)



### Learning Coach Session

**Raising levels of motivation and aspiration**  
The Learning coach programme aims to increase motivation and confidence in a pupil's perception of their own ability to learn and make success of their education.  
Motivation increases when we see that what we contribute to is, valued and makes a difference.  
Each session aims to increase an individual's appetite to learn. Students end up with a learning profile mapping their intelligence, VAC style and preferred team role that will equip students to understand their behaviour and manage it success/fully.

#### Session steps

- STEP 1 – Understanding intelligence – Strengths and Weaknesses  
Students engage in various problems solving activities
- STEP 2 – Understanding team roles and personality types –  
Students engage in a team challenge applying negotiation skills and learning to listen to different opinions
- STEP 3 – Motivation  
Students uncover and face their own motivations. Where do these come from and how do these influence our choices
- STEP 4 – Direction  
Finishing off learner profiles and reviewing what decisions of what are we going to Start doing and Stop doing from what we have learnt

### Personal Development Outcomes

1. Strategic planning
2. How do I usually communicate?
3. Problem solving
4. Critical thinking
5. Resolving conflict
6. Motivation and Innovation
7. Resilience and determination.

### Structure tailored to your pupils and school needs

Sessions can be structured hourly, half day or full day

Each of these sessions will be designed to deliver specific learning outcomes and can be tailored to meet the individual needs of your group. Throughout each course we ensure that the experience and skills they acquire can be transferred back into their home, school or work environment.

### Learning approach

Loaded focuses its attention on connecting learning to real life situations and decisions.

### Learning

- Increase skills an
- Improve belief in
- Improve commu others
- Increase concern environ
- Increase determ
- Increase feature
- Improve problem progress

### Our Appro

### Decision

### Coaching and Insp

Adventure training 2018

